

# Leesburg Resident Opens House For Fitness

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*Contributing Writer*

For the past three and a half years, Ralph Ferraiolo has been offering personal physical training sessions to individuals and couples from his home.

Ferraiolo, a certified physical trainer and founder of Ferraiolo Fitness, holds these sessions in a studio that was built above his garage during renovations that began five years ago.

"When it came time to build out this space, I saw all kinds of opportunity here," he said.

The studio has air conditioning, a full bathroom, a refrigerator, music and a television along with the exercise equipment. All of it, Ferraiolo said, is top quality.

"This is designed for highend comfort and pleasure while offering the highest degree of conditioning while working out here," he said.

The equipment includes weights, treadmills and pilates balls. All of the weights have soft handles designed for a comfortable grip.

Ferraiolo and his clients can control the music with multiple wall units, which allow for the use of mp3s, compact discs or the radio. Clients can bring their own iPods and connect them to the system to play their choice of music, he said. They can also choose to exercise inside or outside on

a patio that is set up with its own speakers and music selection options.

According to Ferraiolo, everyone who visits signs up and stays.

"My clients really enjoy this place," he said. "I take time to understand their needs and get results and we have fun doing it."

One of the results, Ferraiolo said, is a happier lifestyle. He noticed during his career in the corporate world that active people were generally happier people.

"Many people I worked around were successful, financially well off and many of them were very miserable," he said. "The people I saw that were active and working out tended to be very happy people."

With the luxuries available to people in today's world, Ferraiolo said, people can drive to most places and have easier access to bad foods. This, he continued, contributes to people's lack of movement and their weight problems.

"Modern life has brought movement to almost a standstill and it's at a time when there's an overabundance of high-density food," he said, adding that he encourages his clients to eat sensibly in addition to the workouts.

"The condition I see them get into, that we get into together and they get into with my help has been very rewarding," he said. "I take great pleasure in seeing my clients get into tremendous shape."

Ferraiolo said he has been physically

active since he was a teenager. He started around the age of 14 with a box of weights and a picnic table.

"I got myself in tremendous shape," he said.

While he worked for Engelhard, a company based out of New Jersey, he took around 1,300 business trips and still managed to stay active during his 19-year employment.

While he was in Shanghai, there were not many places to exercise, so he walked across the city every day to and from work, which was about an hour away, he said.

"I always stayed active," he said.

After his career at Engelhard, he spent five years at AT&T as an owner's representative project manager in the Washington, DC, area before he renovated his house and worked for 25 months as a trainer for Body by Geoff, a gym in Reston, to gain experience and make contacts.

Ferraiolo became certified because he did not want to rely solely on his corporate and personal experience to run his fitness center.

"I assumed I knew nothing and picked up certifications and education with the American Council on Exercise, the National Academy of Sports Medicine and the Pilates Certification," he said.

Ferraiolo said he does not plan to expand his business significantly. With 16



*Photo by John Grimsley*

***Ralph Ferraiolo offers his clients a customized fitness plan from the comforts of his at-home gym.***

clients currently, he has around 75 percent of his ideal business flow.

"I don't want to turn this into a McDonald's and cater to the masses," he said.

More information about Ferraiolo Fitness can be found at [www.ferrfit.com](http://www.ferrfit.com). ■